



IN COLLABORATION WITH



Caring for the Caregiver

How to Prepare for and Manage Your Role as Caregiver

March 30, 2016

at

10:30 am

Meeting Room 1

Lower Level

Becoming a caregiver for a family member or loved one can be overwhelming. There are so many questions to answers, connections to make, and services to coordinate.

Health librarian, Wendy Urciuoli, will explain how you can use the internet to educate yourself about your loved one's condition, identify resources in your community, answer legal and financial questions, and even find a sympathetic shoulder to cry on.

You will learn tips and techniques for finding needed information, time-saving services, and ways to connect with others in your situation.

To register please call Raymond Library at
860-290-4331
or go online at www.easthartfordct.gov/library